

What to know about the Zika virus 3 Meet Chicago's Puppy Bowlers 10



r
ed
eye

LENNY GILMORE / REDEYE

Wednesday
FEBRUARY 3, 2016

★ **FREE** ★

A Chicago Tribune
publication

BARING HIS SOUL

**SOULCYCLE INSTRUCTOR AND
RECOVERING ADDICT RYAN LEWIS
SHARES HIS STORY IN HOPES
OF HELPING OTHERS 8-9**

BY SAMANTHA NELSON FOR REDEYE | REDEYE@REDEYECHICAGO.COM » GET MORE SPONTANEOUS EAT. DRINK. DO. IDEAS AT REDEYECHICAGO.COM

EAT

MANGALITSA HOG TASTING

Analogue 2523 N. Milwaukee Ave.
773-904-8567

Chef Alfredo Nogueira teams up with Phil Wingo of Pork Mafia to prepare a five-course dinner spotlighting the wooly pig including gumbo with smoked pork shoulder and glazed ham with collard greens. 7 p.m. \$55. Tickets: brownpapertickets.com

FIRST ANNIVERSARY

Luella's Southern Kitchen

4609 N. Lincoln Ave. 773-961-8196
The BYOB Lincoln Square restaurant celebrates with a family-style seafood boil including lobster, shrimp, sausage, corn and potatoes plus live music from guitarist Lee Alec Barrie. One diner will also receive a \$100 gift card. 5-10 p.m. \$25.



DRINK

OFF COLOR BREWING TAP TAKEOVER

Kuma's Corner
2900 W.

Belmont Ave.
773-604-8769

Try the Chicago brewery's Bare Bear sahti, Dinos'mores imperial stout, Apex Predator farmhouse ale and 15 Feet applewood smoked wheat as part of a flight (\$10) or individually (\$6-\$9). The restaurant also serves pretzel nuggets with Scurry honey ale beer cheese (\$5). 6-10 p.m. No cover.

TRIBUNE FILE PHOTO



DO

'THE GLASS MENAGERIE'
The Den Theatre 1329 N. Milwaukee Ave. 872-205-6525
The Hypocrites presents Hans Fleischmann's reimagining of Tennessee Williams' classic drama, a version that focuses on a man obsessed with regrets from his past living on the streets and guiding the audience through his imagination. 8 p.m. \$15-\$28. Tickets: the-hypocrites.com

'THE FALLING CIRCUS'

Public House Theatre 3914 N. Clark St. 800-650-6449
The Monty Python-inspired sketch comedy show, which runs Wednesdays during February, features big characters spouting witty dialogue when faced with absurd situations. \$10. Tickets: pubhousetheatre.com/falling-circus

3-DAY FORECAST



WEDNESDAY

41 29

Umbrella day



THURSDAY

31 23

Wear gloves



FRIDAY

35 24

Weekend!

HAPPY HOUR OF THE DAY

Fat Cat (4840 N. Broadway 773-506-3100) offers \$15 flights of three local craft beers with the chef's choice of three snacks from 4-6 p.m.

• THE WORLD'S •
LARGEST INDOOR BAR CRAWL
PRESENTS
Mardi Gras CRAWL

Tickets & More Info At
MardiGrasBarCrawl.com

mydrinken
www.MyDrinken.com

Players
Live & Social Drink 15

BUD LIGHT

JOIN THE MARDI PARTY.

Mardi Gras Crawl

Sat. Feb. 6, 2:00-8:00pm

It's Fat Saturday! Come to the indoor bar crawl that's out at Navy Pier, featuring awesome food, entertainment, and drink specials at 10 bars. It's Chicago's biggest Mardi Gras Party!



navypier.com



A Health Ministry worker fumigates insecticide inside a classroom to combat mosquitoes that transmit the Zika virus in Managua, Nicaragua. AP

big picture



UNDERSTANDING THE ZIKA VIRUS

5 THINGS TO KNOW AFTER WORLD HEALTH ORGANIZATION DECLARES GLOBAL EMERGENCY

By Rianne Coale | REDEYE

The outbreak of the mosquito-borne Zika—pronounced ZEE-kah—virus has been declared a global emergency by the U.N.'s World Health Organization.

Prior to 2015, major outbreaks of Zika occurred in areas of Africa, Southeast Asia and the Pacific Islands, but more recently, a big outbreak has hit Brazil.

It's believed that the most vulnerable to Zika are pregnant women. Officials suspect there's a link between pregnant women catching the virus and babies being born with a neurological condition known as microcephaly, which causes a baby's head and, in many cases, brain to be abnormally small.

1. What is the virus, and how do you catch it?

The Zika virus is a pathogen that can be transmitted through a mosquito bite. As of now, a person needs to be exposed to a mosquito that is carrying the virus in order to be infected with it. That said, health officials say a patient in Texas was infected after having sexual contact with an ill person who returned from a country where Zika was present.

The World Health Organization declared a global emergency Monday over the spread of the virus, whose current epicenter is Brazil but is circulating in many countries and territories across the Americas.

2. What is the Illinois connection?

So far, the Illinois Department of Public Health has reported three cases of Zika virus in Illinois in people who have returned from travel in places where Zika is circulating.

Two pregnant women tested positive for the virus after traveling in Honduras and Haiti, as did a man who traveled to South America.

3. How can we protect ourselves against it?

"Anyone who is traveling to countries where the Zika virus is circulating needs to take necessary precautions to prevent mosquito bites," said Michael Angarone, assistant professor of medicine in infectious diseases at Northwestern University Feinberg School of Medicine and a Northwestern Medicine physician.

The U.S. Centers for Disease Control and Prevention has advised pregnant women to



Aedes aegypti, the type of mosquito responsible for the spread of the Zika virus. EPA

postpone travel to Brazil and other countries and regions with Zika outbreaks.

4. Are the mosquitoes that can transmit the virus found here in the U.S.?

Yes. *Aedes albopictus*, the Asian tiger mosquito, and *Aedes aegypti*, the yellow fever mosquito, are both found in the U.S.

Taken together, "there are many parts of the United States that are vulnerable because of where the mosquito populations are," Laura Harrington, chair of Cornell University's entomology department, told the Tribune.

But so far, there have been no cases of local Zika transmission in the U.S.

5. What are the symptoms of the Zika virus?

People infected with the Zika virus may experience a fever, a rash, joint pain and red, irritated eyes. These symptoms could last for a few days or up to week and will usually occur within a few days of becoming infected.

These symptoms may sound very similar to ones associated with other, more common viruses that are circulating this time of year, like the flu, but there is no need to assume you're infected with the Zika virus, Angarone said.

"As far as we know right now, it's only affecting people who have traveled where it's circulating, like Central and South America," Angarone said. "If you have only stayed locally, it's highly unlikely you'd have a Zika infection."

Doctor's advice: If you've traveled to a country where there have been Zika transmissions and develop a fever within 1-2 weeks of your return, Angarone suggests you visit a doctor.

SOURCES: CHICAGO TRIBUNE, ASSOCIATED PRESS, WASHINGTON POST, U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION
@RIANNECOALE | RCOALE@REDEYECHICAGO.COM

steppenwolf

30% off performances

Feb 2 – 5 | Use code 23360



Domesticated

Written and directed by ensemble member **Bruce Norris**

What audiences are saying about this wickedly funny play

“Wildly Provocative”

“First Rate”

“Dynamite!”

“Superb Acting!”

“Beautifully Done”

“Great Production”

Must Close Feb 7!

steppenwolf.org | 312-335-1650

the chatter / JOIN THE CONVERSATION

AREDEYE EDITORIAL PARTNER

Startup IV firms offer a hangover helper

By Cheryl V. Jackson | BLUE SKY INNOVATION

There's another infusion into Chicago's on-demand in-home IV hydration scene, with startups trying to appeal to the tired, hung-over and vain.

Oak Brook-based IV Luxury is the latest entry, with four nurses available to administer IVs in homes, hotels and workplaces. The service can be booked and paid for online.

The startup offers treatment for hangovers and fatigue, and cosmetic benefits such as the repair and rejuvenation of skin, said founder Dr. Umair Elahi, who has invested about \$65,000 into the business.

Young partygoers looking to recover from overindulging in alcohol, women interested in anti-aging procedures and athletes wanting to enhance performance, stamina and recovery are the company's target audience, he said.

The IV treatments start at \$199, and vitamins and minerals can be added, he said.

“It's a concierge service for individuals who are able to invest in their health,” he said. “Our goal is to make it more affordable in the long run for the general population.”

IV Luxury follows three-year-old IVme Hydration Clinic to the Chicago market. That operation has locations in Old Town and suburban Northfield and also offers mobile service.

New York-based The I.V. Medical Doctor opened The I.V. Doc, which offers mobile IV service as well, in 2014 in downtown Chicago.

Services range from a \$150 vitamin B complex muscle injection to burn fat and energize to \$399 IV treatments for migraine or flu relief, skin and hair treatment, and antioxidant therapy.

The company also operates in Los Angeles, San Francisco and Las Vegas. It plans to

begin operating in Boston next month, said New York surgeon Dr. Adam Nadelson, who founded the startup with his father, a urologist, in 2013.

“When I was in residency, I had friends who wanted to feel better right away, and we knew, as residents, that this was exactly what most of my friends needed,” said Nadelson, 32.

Dr. Natasha Withers of One Medical Group in New York says any time a needle is inserted into an arm, there's a risk of infection and a blood clot developing at the site. The safest place to receive an IV, she said, is in a medical setting, such as an emergency room or urgent care center.

And, she said, for those with normally functioning gastrointestinal tracts, drinking water or other liquids is an effective and safer option to IV therapy, she said.

“As long as you don't have any specific medical condition that affects absorption in your GI tract, you should be able to drink water and other liquids to hydrate,” she said. “For example, even if a patient came to the emergency room, the medical staff would try oral hydration first before moving on to an IV.”

Withers said water or a drink with electrolytes could help cure dehydration, while over-the-counter medicines can treat headaches.

Nevertheless, there's a demand for the 45-minute at-home service, which includes a phone consultation with Elahi.

Tony Kucharski, 30, of suburban Elmhurst, said he scheduled an appointment with IV Luxury before a night of partying and it made him feel more energetic.

“I'd gotten terrible hangovers in the past and made a note so that if I needed them in the future, I could give them a call,” he said. Afterward, “I felt more awake.”

READ MORE AT CHICAGOTRIBUNE.COM/BLUESKY



Story courtesy of Chicago Tribune's Blue Sky Innovation, featuring news, analysis and events related to innovation, entrepreneurship and the next Big Idea.



A Chicago Tribune publication
redeyechicago.com

General Manager:
Maggie Wartik, @mwartik

CONTACT US

Newsroom: 312-222-4970
redeye@redeyechicago.com

Advertising: 312-527-8077
advertisingredeye@tribune.com

Classifieds: 312-222-2222

Circulation:
redservice@tribune.com

A SIB OF THE TRIB

RedEye, a Chicago Tribune publication, is published five days a week, except on certain holidays. Unsolicited manuscripts, articles, letters and pictures sent to the Chicago Tribune are sent at the owner's risk.

Copyright ©2016 Chicago Tribune Company LLC. All rights reserved as to the entire content. Not for resale.



WED 2/3/16

FORMAN MILLS

CLOTHING FACTORY WAREHOUSE

ALL
CHICAGOLAND
STORES

**I'M THE
BOSS!**

**AND I'M GIVIN' THE
STORE AWAY**

Again!

*Rick
Forman*

CEO & Founder
of Forman Mills
Rick Forman

**UNDERCOVER
WEDNESDAY!**

ANNUAL 1 DAY STUPID SALE!

**1 DAY ONLY!
7AM-11PM!**

TAKE AN ADDITIONAL

50% OFF

LOWEST
TICKETED
PRICE!

**THE ENTIRE
BUILDING!**

**ALL MERCHANDISE!
NO EXCLUSIONS!**

CHICAGO
4520 S. Damen Ave
773-847-4105

CHICAGO
1450 North Cicero
773.345.8860

CHICAGO
122 West 79th St
773.253.4632

LANSING
16855 Torrence Ave
708.394.0600

BURBANK
4829 W 77TH Str
708.576.5730

FRANKLIN PARK
10205 W. Grand Ave
773.733.049

VILLA PARK
250 W. North Ave
773.242.6777

1.800.994.MILLS • formanmills.com • MON-TUES 9AM-9:30PM • WED 7AM-11PM • THURS-SAT 9AM-9:30PM • SUN 10AM-7PM

Chicago Treatment and Counseling Centers Outpatient Methadone Maintenance

**WE CAN HELP!!!
NO WAITING LIST**

- **Our \$100 REFERRAL BONUS ~**
Existing clients who refer a new enrollment to the program will be given \$100 credit on their bill
- **Former clients can return to the program and have any owed balance waived FOREVER**

(Terms and conditions apply)

Referred clients MUST mention referring client AT THE TIME OF ENROLLMENT. Returning clients who are having an owed balance waived must pay \$65 upon intake. All clients must sign a payment contract requiring payment of their balance in full every Monday.

**WE ALSO PROVIDE DUI
AND SUBOXONE SERVICES**
Please email: info@chicagotreatment.com

4 LOCATIONS TO SERVE YOU:

3520 S. Ashland Ave.
Chicago, IL 60609

*We have recently moved
to this location*

773.523.3400
(\$50 weekly)

4453 N. Broadway Ave.
Chicago, IL 60640

773.506.2900
(\$45 weekly)

1849 S. Cicero Ave.
Cicero, IL 60804

708.656.9500
(\$50 weekly)

5635 W. Roosevelt Rd.
Cicero, IL 60804

708.652.6500
(\$50 weekly)

WE ARE HERE TO HELP! NOT JUDGE!

HEROIN AND PAIN PILL ADDICTION

LOW COST & CONFIDENTIAL

**\$20.00 TRANSPORTATION
CREDIT FOR JOINING**

with mention of this ad.

- Same Day Dosing
- Compassionate Staff
- All Public Transportation at Front Door
- **FREE** Gourmet Coffee
- **FREE** Phone Use (local & long distance)
- **FREE** Week of Services on Your Birthday

Sundance Methadone Treatment Center

4545 BROADWAY, CHICAGO • (847) 744-0262 • WWW.SUNDANCECHICAGO.COM

ORA: 14051410-IRB01 Date IRB Approved: 1/29/2015

Do You Have Low Back Pain?

This study is sponsored by
National Institutes of Health
and

Rush University Medical Center
under the direction of
John Burns, Ph.D.
Department of Behavioral Sciences

Researchers at Rush University are looking for participants 18-55 years old for a research study to determine whether exercise reduces chronic pain by increasing the body's natural painkillers (endorphins) and what effect this has on responses to pain medications. If you have **chronic low back pain of at least 3 months duration and are not taking opioid based pain medications on a daily basis**, you may be eligible to participate.

Participants will be compensated for their time.

For more information or to see if you qualify please contact Mary at:

Mary_Kennedy@rush.edu

OR

312-942-1435

Department of Behavioral Sciences
1645 W. Jackson Blvd., Suite 400
Chicago, IL 60612

**RUSH UNIVERSITY
MEDICAL CENTER**
www.rush.edu

RUSH Rush is a not-for-profit health care, education and research enterprise comprising Rush University Medical Center, Rush University, Rush Oak Park Hospital and Rush Health.

Do you have constant, excessive worrying?

- Does your worrying interfere with your daily functioning?
- Are you overly concerned with a variety of everyday problems?
- Is your anxiety more intense than what the situation warrants?

If you are at least 18 years of age and answered yes to these questions, you may be eligible for a study at the **Center for Anxiety and Traumatic Stress Disorders at Rush University Medical Center.**

Participants will receive a medical evaluation, study-related medication and transportation at no cost.

For more information, please call (312) 563-6687.

**RUSH UNIVERSITY
MEDICAL CENTER**
www.rush.edu

Rush is a not-for-profit health care, education and research enterprise comprising Rush University Medical Center, Rush University, Rush Oak Park Hospital and Rush Health.

M-4200 1/16



LENNY GILMORE/REDEYE PHOTOS

BREAKING THE CYCLE

RECOVERING ADDICT FINDS NEW LIFE AS A CHICAGO SOULCYCLE INSTRUCTOR

By Jordan Monroe Schultz | REDEYE

By the time you walk out of Ryan Lewis' SoulCycle class, he hopes to have kicked your ass and put it back together. But the workout is more than physical—it's mental and emotional.

The 25-year-old Lakeview resident gets on the mic at the helm of the trendy Chicago studios to give riding instructions as well as express empathy. He's a recovering drug

addict. And if he doesn't tell you outright amid sweating it out, you can tell from his voice that he's battled something fierce. SoulCycle, for the uninitiated, is cycling meets choreographed dance class. The recognizable bright yellow stationary bicycles are longer than traditional spin class bikes, which the company says makes them engage your core muscles more efficiently. The instructor selects a playlist of trending music and instructs riders to pedal, perform exercises (such as pushups and crunches) across the three-tiered handlebars and lift weights to the beat of the music—all riders in unison.



Lewis began using cocaine in 2009, during his freshman year at New York University. Although he was a casual drinker in high school, booze and coke were more accessible in college. The abuse became problematic when Lewis began using substances at home alone. But he never felt lonely while using alone. "I felt a deeper connection to the world around me with that feeling than being with the people I was around," he said. Lewis abused alcohol and cocaine throughout college. At one point, he even switched majors, hoping the change would signal positive life choices to his father, whom he suspected knew of his addiction. He attended his first SoulCycle class the weekend he graduated from college in 2013. He had just landed a job in marketing. With his new full-time salary, SoulCycle became a habit. Committed to staying fit, he would go three times a week despite still abusing cocaine and alcohol. "Those rides where I was hungover were atrocious, but I went to them," he said. "And I made it through them somehow." SoulCycle is intended to invoke a self-

cleansing quality, much like yoga. Instructors encourage riders to leverage sources of stress, large or small, to fuel them during class. Because riders perform the same movements to the beat of music, SoulCycle hopes participants will work off one another's energy and foster a community around the stress-propelled exercise. But while other riders seemed to be building relationships with classmates and instructors, Lewis didn't interact with anyone. Instead, he used his time in the studio to zone out and go "numb"—much like getting high by himself in his apartment. Yet two months after he took his first class, one of his instructors asked if he had considered becoming an instructor himself. Following that path is not easy. The process is an audition, not a traditional job application. After landing the gig, the company requires soon-to-be instructors to attend a six-week training program in New York City. Lewis wasn't ready to leave his marketing job, but the instructor got him thinking. "Every day that I went to work I thought about being an instructor at Soul," he said.

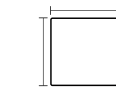
"There were some days when I really wanted to submit an application." It wasn't until April 27, 2014, nearly one year after he graduated, that Lewis believes he hit rock bottom—and decided to get clean. That day, Lewis intentionally picked a fight with a friend so he could leave their Sunday brunch early to get high alone in his apartment. But even before finishing all the cocaine he intended to use, he came to a realization. "This isn't me. This isn't right," he said. "I'm high right now and I don't want to be." In days that followed, Lewis went "rehab shopping" with his mother, who had flown in from Florida to find him help. They landed on an outpatient program that would allow Lewis to continue working during the day. After eight weeks of rehab and newly clean, he grew "sick and tired" of the hyper-corporate and drinking cultures associated with his marketing job. So in January 2015, he auditioned to be a full-time SoulCycle instructor, and he was accepted in March. The company placed him in Chicago, where he now teaches at the Old Town, Loop and newly opened Southport studios.

Like most fitness instructors, Lewis brings infectious energy to his classes, but he also opens up about his battle with addiction. If he's teaching on the 27th day of the month, Lewis will share his struggles just after he and his riders have climbed and ridden down a "mountain"—after peak-level exertion. But don't think Lewis' rides are downers—he definitely will whip you into shape. He just hopes his stories help create a safe place for his students. "If I'm sharing what other people might see as deep, dark, harrowing secrets, it makes them more comfortable to maybe unload some of their baggage," he said. "Not out loud, but if they want to it's great. But just to feel better about what they're going through." In addition to teaching, he still attends several classes per week, soaking up all the endorphins he can. The exercise gives him a high similar to when he was on drugs but without the detrimental effects. "Just like talking a mile a minute, like so excited and zestful for life in a natural, balanced way," he said. "Completely organic."

@MONROESCHULTZ | JMSCHULTZ@REDEYETCHICAGO.COM

SOUL CYCLE

It seems like everyone—and everything—is moving to Southport Corridor. That's why it didn't come as a surprise when cycling sensation SoulCycle, with established locations in Old Town and the Loop, picked Southport as its third home. The new studio opened its doors to the public Saturday, unveiling over 4,000 square feet of neon-kissed, bike-filled fun. Hope you're ready to sweat, Lakeview. Here's a look at what SoulCycle is bringing to the neighborhood.



4,600+ square feet of studio space



62 bikes



5-6

classes offered per day



\$30

cost of a single class



74°

average temperature of an active SoulCycle classroom



45 minutes

length of a signature class



11

average number of songs played per class

—MORGAN OLSEN, REDEYE



LENNY GILMORE/REDEYE PHOTOS

BREAKING THE CYCLE

RECOVERING ADDICT FINDS NEW LIFE AS A CHICAGO SOULCYCLE INSTRUCTOR

By Jordan Monroe Schultz | REDEYE

By the time you walk out of Ryan Lewis' SoulCycle class, he hopes to have kicked your ass and put it back together. But the workout is more than physical—it's mental and emotional.

The 25-year-old Lakeview resident gets on the mic at the helm of the trendy Chicago studios to give riding instructions as well as express empathy. He's a recovering drug

addict. And if he doesn't tell you outright amid sweating it out, you can tell from his voice that he's battled something fierce. SoulCycle, for the uninitiated, is cycling meets choreographed dance class. The recognizable bright yellow stationary bicycles are longer than traditional spin class bikes, which the company says makes them engage your core muscles more efficiently. The instructor selects a playlist of trending music and instructs riders to pedal, perform exercises (such as pushups and crunches) across the three-tiered handlebars and lift weights to the beat of the music—all riders in unison.



Lewis began using cocaine in 2009, during his freshman year at New York University. Although he was a casual drinker in high school, booze and coke were more accessible in college. The abuse became problematic when Lewis began using substances at home alone. But he never felt lonely while using alone. "I felt a deeper connection to the world around me with that feeling than being with the people I was around," he said. Lewis abused alcohol and cocaine throughout college. At one point, he even switched majors, hoping the change would signal positive life choices to his father, whom he suspected knew of his addiction. He attended his first SoulCycle class the weekend he graduated from college in 2013. He had just landed a job in marketing. With his new full-time salary, SoulCycle became a habit. Committed to staying fit, he would go three times a week despite still abusing cocaine and alcohol. "Those rides where I was hungover were atrocious, but I went to them," he said. "And I made it through them somehow." SoulCycle is intended to invoke a self-

cleansing quality, much like yoga. Instructors encourage riders to leverage sources of stress, large or small, to fuel them during class. Because riders perform the same movements to the beat of music, SoulCycle hopes participants will work off one another's energy and foster a community around the stress-propelled exercise. But while other riders seemed to be building relationships with classmates and instructors, Lewis didn't interact with anyone. Instead, he used his time in the studio to zone out and go "numb"—much like getting high by himself in his apartment. Yet two months after he took his first class, one of his instructors asked if he had considered becoming an instructor himself. Following that path is not easy. The process is an audition, not a traditional job application. After landing the gig, the company requires soon-to-be instructors to attend a six-week training program in New York City. Lewis wasn't ready to leave his marketing job, but the instructor got him thinking. "Every day that I went to work I thought about being an instructor at Soul," he said.

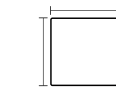
"There were some days when I really wanted to submit an application." It wasn't until April 27, 2014, nearly one year after he graduated, that Lewis believes he hit rock bottom—and decided to get clean. That day, Lewis intentionally picked a fight with a friend so he could leave their Sunday brunch early to get high alone in his apartment. But even before finishing all the cocaine he intended to use, he came to a realization. "This isn't me. This isn't right," he said. "I'm high right now and I don't want to be." In days that followed, Lewis went "rehab shopping" with his mother, who had flown in from Florida to find him help. They landed on an outpatient program that would allow Lewis to continue working during the day. After eight weeks of rehab and newly clean, he grew "sick and tired" of the hyper-corporate and drinking cultures associated with his marketing job. So in January 2015, he auditioned to be a full-time SoulCycle instructor, and he was accepted in March. The company placed him in Chicago, where he now teaches at the Old Town, Loop and newly opened Southport studios.

Like most fitness instructors, Lewis brings infectious energy to his classes, but he also opens up about his battle with addiction. If he's teaching on the 27th day of the month, Lewis will share his struggles just after he and his riders have climbed and ridden down a "mountain"—after peak-level exertion. But don't think Lewis' rides are downers—he definitely will whip you into shape. He just hopes his stories help create a safe place for his students. "If I'm sharing what other people might see as deep, dark, harrowing secrets, it makes them more comfortable to maybe unload some of their baggage," he said. "Not out loud, but if they want to it's great. But just to feel better about what they're going through." In addition to teaching, he still attends several classes per week, soaking up all the endorphins he can. The exercise gives him a high similar to when he was on drugs but without the detrimental effects. "Just like talking a mile a minute, like so excited and zestful for life in a natural, balanced way," he said. "Completely organic."

@MONROESCHULTZ | JMSCHULTZ@REDEYETCHICAGO.COM

SOUL CYCLE

It seems like everyone—and everything—is moving to Southport Corridor. That's why it didn't come as a surprise when cycling sensation SoulCycle, with established locations in Old Town and the Loop, picked Southport as its third home. The new studio opened its doors to the public Saturday, unveiling over 4,000 square feet of neon-kissed, bike-filled fun. Hope you're ready to sweat, Lakeview. Here's a look at what SoulCycle is bringing to the neighborhood.



4,600+ square feet of studio space



62 bikes



5-6 classes offered per day



\$30 cost of a single class



74° average temperature of an active SoulCycle classroom



45 minutes length of a signature class



11 average number of songs played per class

—MORGAN OLSEN, REDEYE

sports

TEAM FLUFF STARTER Cooper



BREED
GREAT
PYRENEES/
COLLIE MIX

AGE
15 WEEKS

EXPERIENCE
ROOKIE

PERSONALITY
PLAYFUL AND
UPBEAT

SKILLS
RUNNING
PLAYS,
SCORING
TOUCHDOWNS

WHAT MAKES HIM
A VALUABLE PLAYER
FOR TEAM FLUFF

PRO AT PLAYING KEEP-AWAY,
"SO IF HE STARTED RUNNING
WITH THE TOY, HE WOULD
SCORE A TOUCHDOWN."

—owner Tim Johnson, of Hyde Park



Athena

TEAM FLUFF SECOND STRING

BREED
AMERICAN
BULLDOG MIX

AGE
19 WEEKS

EXPERIENCE
ROOKIE



PERSONALITY
"SNUGLLY
SWEETHEART"

SKILLS
FLIRTING WITH
THE REFEREE,
BEING A HAM

WHAT
MAKES HER A
VALUABLE
PLAYER FOR
TEAM FLUFF

"SHE'S SWEET
ENOUGH
(BUT CAN) BE
DECEIVING."

—owner Beth Long,
of Lincoln Park

PUP, PUP, HIKE!

Puppy Bowl XII
roster includes
2 Chicago dogs

By **Shelbie Lynn Bostedt** | REDEYE

Snacks? Check. HD screen the size of an SUV? Check. Friendly wagers with partygoers? Check. The anticipation couldn't be higher in Chicago for ... Puppy Bowl XII.

With the Bears out of the OTHER big game happening Sunday, Chicagoans can still find hope in knowing that two of the esteemed Puppy Bowl "athletes" are from the Windy City. Cooper, a Great Pyrenees/collie mix, and Athena, an American bulldog mix, will compete in the game (2 p.m. Sunday, Animal Planet) alongside more than 80 other pups.

Athena and Cooper were submitted as Puppy Bowl players by PAWS Chicago, a local no-kill shelter. While both dogs have since been adopted,

the rest of the lineup features adoptable (and adorable!) canines from 44 shelters across 25 states.

Cooper originally hails from Tennessee, where he was rescued along with his five siblings. With adoptions increasing in recent years, PAWS has been able to rescue animals from other states that would otherwise be put down. As for Athena, she, her mother and her siblings were rescued by PAWS from Chicago Animal Care and Control.

PAWS entered the pups after being

contacted by Animal Planet. The organizations had worked together during the Puppy Bowl Draft in April and at Woofstock, a festival for pet owners who have adopted animals, in June. Athena and Cooper fit the network's age, breed and personality requirements.

During the game, which was taped a few months ago in New York, Cooper was a touchdown machine for Team Fluff against Team Ruff, giving him a real shot at MVP (Most Valuable Puppy) honors. Tim Johnson and Michelle Skinner of Hyde Park adopted him in August.

"He's such a great dog," Johnson said. "Him being in the Puppy Bowl is just an added bonus."

While Cooper ran plays on the field, Athena buddied up to the human referee. Although playing on the refs' emotions might help in the NFL, you'll have to watch Puppy Bowl XII to see if it helps or hinders Team Fluff.

Her owner, Beth Long of Lincoln Park, said Athena "thought that her flirting might work to get her in the starting lineup." Alas, she ended up a second stringer.

"We had a couple months together before she became a celebrity puppy," said Long, who adopted Athena in August. "That made it even cooler to be able to see the little stinker on the big stage in New York City."

@SHELBIELBOSTEDT
SBOSTEDT@REDEYECCHICAGO.COM



Looking for a new pet?

Although Athena and Cooper are spoken for, PAWS is hosting a Puppy Bowl-inspired adoption event from 11 a.m.-6 p.m. Saturday at its Lincoln Park Adoption Center. For information, visit pawschicago.org.



Super stuffed

In Thursday's edition, RedEye looks back at the previous decade's funniest commercials from the big game.

NEXT BIG THING

TACO BELL WANTS YOU TO BUY ITS SECRET NEW MENU ITEM BEFORE YOU KNOW WHAT IT IS

By Jenn Harris | LOS ANGELES TIMES

Taco Bell promises to release its “biggest launch to date” Sunday during the Super Bowl. Will it be Sriracha Quesarito fries? A tofu burrito? A quesadilla wrapped around a Crunchwrap Supreme stuffed with a taco?

The answer won't be revealed until an ad runs during Sunday's game, but fans of the fast food chain can start pre-ordering whatever the mystery menu item is now.

Yes, you can order “it,” without knowing what “it” even is.

Orders placed at tacobell.com/preorder will be available for pickup between 2 and 4 p.m. at Taco Bell restaurants nationwide Saturday. So if you do pre-order, you'll find out what “it” is early. If you don't happen to pre-order the item, you'll have to wait a whole two extra days to get your hands on it Monday.

WINTER SUCKS
GET STUFF
DONE



The secret item is priced at \$2.99, and you can order up to five. So if you want to shell out almost \$3 for a mystery dish—and commit to waiting in line at your favorite Taco Bell during a two-hour window Saturday—you can.

If we're going to make an educated guess

based on the brand's past big reveals, including the Sriracha Quesarito and a burrito stuffed with Flamin' Hot Cheetos, the new item probably involves a ridiculous amount of cheese, hot sauce and something crunchy.

We've reached out to Taco Bell, and if they let anything slip, we'll let you know.

ABBVIE CLINICAL PHARMACOLOGY RESEARCH UNIT

480 S. US Highway 45
Grayslake, IL 60030
www.abbviephase1.com

Looking for Healthy Women

Who do not smoke or take any medications

Average weight for height
Women who are sterile or post-menopausal
to participate in a clinical research trial

Age 18 to 60

1 period:

23 days/22 nights

1 outpatient visit

\$5,175.00

For more information or to make a screening appointment call:

1-800-827-2778

abbvie

Try something new on

Valentines Weekend

COUPLES GET:
ADMISSION, FREE DRINK & VIP SEATING
\$25 A COUPLE | FRIDAY AND SATURDAY

ADMIRAL

★★ THEATRE ★★

WWW.ADMIRALX.COM

OFFER ENDS AT MIDNIGHT ON 02/14/2016. COUPLES ADMITTED UPON MANAGER'S DISCRETION.

WINGS *for the* KIDS

Every Tuesday during the month of February, Hooters will **donate 1/3 of the proceeds** from the sale of our Nearly World Famous Chicken Wings to **Holy Family School**.



Eat Wings for the Kids every Tuesday at Hooters and earn “extra credit” for doing your part to ensure a quality education for all of our children.



EAT 2 GIVE!

HOOTERS® 11 Chicagoland Locations

AURORA
4395 Fox Valley Ctr Dr.
630-851-4008

COUNTRYSIDE
5925 S. LaGrange Rd.
708-354-0486

LANSING
17060 S. Torrence Ave.
708-889-0446

ORLAND PARK
15300 LaGrange Rd.
708-460-4088

CHICAGO (Wells)
660 N. Wells St.
312-944-8800

DOWNERS GROVE
1303 Butterfield Rd.
630-960-4008

MELROSE PARK
2503 W. North Ave.
708-486-1895

SCHAUMBURG
1110 N. Perimeter Dr.
847-619-4668

CHICAGO (O'Hare)
8225 W. Higgins Rd.
773-714-0193

JOLIET
3301 Hennepin Dr.
815-267-8602

OAK LAWN
9159 S. Cicero Ave.
708-423-4668

originalhooters.com
f t i /originalhooters

Study the Bible By Mail

(Free Course)



In order to encourage a greater understanding of the bible, a free Bible Correspondence Course is now being offered. This course is

- Free and without obligation
- Totally non-denominational

You keep the eight lesson booklets. For a free sample lesson, email studybymail@gmail.com or call/text (224) 603-1463 or send your name and address to:

Bible Correspondence Course
7303 West 83rd Street, Bridgeview, IL 60455

Continuing Review ID: IRB14-0034-CR001 Date Approved: 3/11/2015 Expiration Date: 3/9/2016

DO YOU HAVE OBSESSIVE-COMPULSIVE DISORDER?

We are seeking volunteers for a research study using
Non-invasive Deep Transcranial Magnetic Stimulation for OCD.



This is a 12 week research study.
Participants must be between 22 and 68 years old.
Eligible participants will be reimbursed for time and travel.

Dr. Jon Grant is directing this study at the University of Chicago

If interested, please contact study staff at: **773-834-3778**



JUDAISM...
More than just a bagel

A TASTE OF JUDAISM® ...Are You Curious?

Three FREE weekly class sessions on the modern Jewish
take on spirituality, values, and community.

Classes begin in February in Chicago and surrounding suburbs.

All are welcome, Jewish or not!

Questions? Please email Joy Wasserman at
jwasserman@urj.org or call 872.256.1818



To register go to: www.reformjudaism.org/tasteil

Open Daily
8AM - 5PM
Saturday: CLOSED

FOR SALE
PALLET RACKING
SHELVING
OFFICE DESKS

CLARK & BARLOW
SINCE 1891
HARDWARE

True Value

FINAL DAYS!

353 W. GRAND AVE. • CHICAGO • 312-726-3010

STARTS TODAY!

ENTIRE STOCK NOW

1/2 OFF

**EVERYTHING GOES... TOOLS, CLEANING SUPPLIES,
PLUMBING & ELECTRICAL AND MORE!**

- ALL HARDWARE
- LAWN & GARDEN • TUBS
- FAUCETS • TOILETS • SINKS
- BUILDERS LOCKSETS & HARDWARE
- WINDOWS & PRE-HUNG DOORS

UP TO

75% OFF

Do you have asthma?



Join the National Institute of Health (NIH)
sponsored SIENA asthma study

Individuals who qualify will be...

- Compensated for their time
- Provided FDA approved asthma study medications at no cost

Call or email us today!

1-855-I-WHEEZE asthma@uic.edu

(1-855-494-3393) <https://breathe.uic.edu>



Find us on
Facebook



BREATHE
CHICAGO CENTER.
University of Illinois at Chicago



on sale

* = JOSH TERRY RECOMMENDED SHOWS

ON SALE 10 A.M. FRIDAY

Coldplay, Saturday,
July 23 (\$26.50-
\$176.50, all ages)
at Soldier Field.

Coleman Hell,
Ria Mae, Thursday,
March 10 (\$12-\$15, 17+)
at Subterranean.

Kawehi, Thursday,
April 7 (\$15, 17+) at
Beat Kitchen.

***Old 97's, Heartless**
Bastards, Saturday,
May 21 (\$30-\$40, 17+)
at Thalia Hall.

***Punch Brothers**,
Friday, May 13, and
Saturday, May 14
(\$33-\$50, all ages)
at Thalia Hall.



ON SALE 11 A.M. FRIDAY

***The Smashing**
Pumpkins, Liz
Phair, Thursday,
April 14 (\$49.50-
\$79.50, all ages)
at Civic Opera
House.

The Summer Set,
Sunday, April 24
(\$20-\$23, all ages)
at Bottom Lounge.

***The Thermals**,
Wednesday, April 20
(\$15, 21+) at Lincoln
Hall.

***Twin Peaks**, Friday,
May 13 (\$20, all ages)
at Lincoln Hall.

ON SALE 11 A.M. FRIDAY

***Frankie Cosmos,**
Eskimeaux, Yowler,
Wednesday, April 27
(\$13-\$15, all ages) at
Lincoln Hall.

ON SALE NOON FRIDAY

***Caroline Smith**,
Friday, April 15
(\$12-\$14, 18+)

at Lincoln Hall.

***New Order**,
Wednesday,
March 16 (\$49.50-
\$79.50, all ages)
at Chicago Theatre.

***The Twilight Sad**,
Thursday, June 9 (\$15,
18+) at Lincoln Hall.

Walk the Moon,
Friday, Aug. 19
(\$39.50-\$49.50, all
ages) at Aragon
Ballroom.

ON SALE NOW
Chris Mills and the
Distant Stars, Friday,
April 1 (\$10-\$12, 21+)
at Schubas.

@JOSHTERRY | JTERRY@
REDEYECHICAGO.COM

WE ARE TOUGH MUDDER

GET 15% OFF*
CODE: REDEYE

*Valid until May 8, 2016

TOUGH MUDDER Chicago May 21, 2016 10 - 12 miles

TOUGH MUDDER HALF Chicago May 22, 2016 5 miles

New Venue: Chicago Rockford International Airport

JOIN NOW AT TOUGHMUDDER.COM

Are you currently suffering from constipation and abdominal pain due to Irritable Bowel Syndrome?

If so you may qualify for a clinical research study of an investigational medication.

Qualified participants will receive study related medical care, investigational medication and compensation for time and travel at each visit.

Participants must be between the ages of 18 and 85, be willing to participate in the study for 18 weeks and be willing and able to make daily symptom reports.

Call us at:
847-869-1191

2500 Ridge Ave., Suite 109, Evanston, IL
www.evanstonpremier.com

Find us on Facebook

Evanston Premier
healthcare research

Conveniently located off of the Central Stop on the Purple Line.

Do you have Type 2 Diabetes?
Do you take Metformin?

If so you may qualify for a study involving an investigational diabetes medication.

Call us at:
847-869-1191

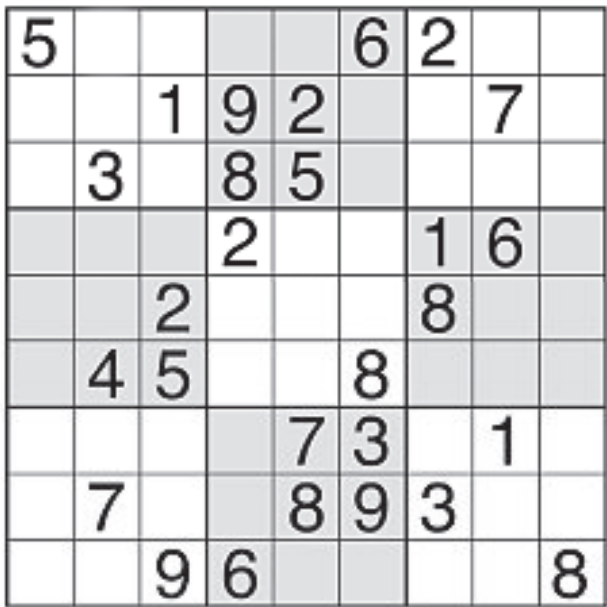
2500 Ridge Ave., Suite 109, Evanston, IL
www.evanstonpremier.com

Find us on Facebook

Evanston Premier
healthcare research

Conveniently located off of the Central Stop on the Purple Line.

puzzles



DIFFICULTY RATING: ★★☆☆☆



TUESDAY'S SOLUTIONS

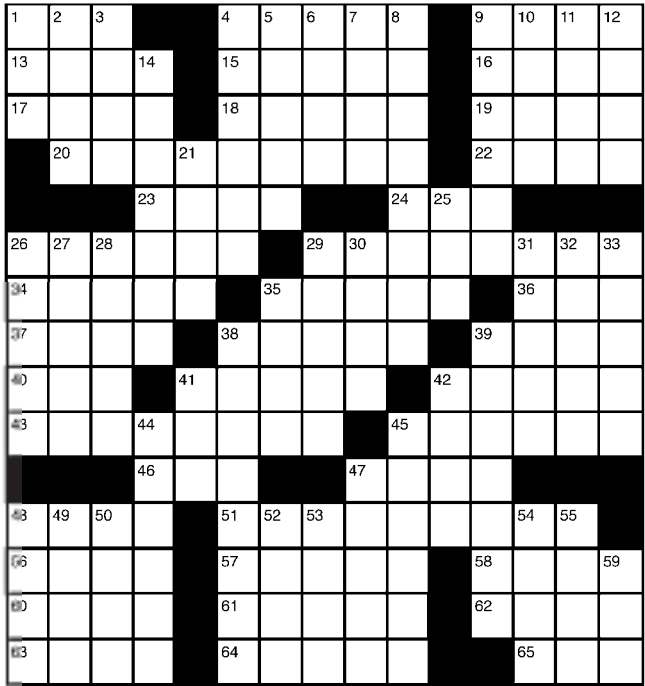


ACROSS

- 1 J. Edgar Hoover's agcy.
- 4 Grain storage towers
- 9 Indian prince
- 13 Wrought _ fence material
- 15 Wear away
- 16 Plow pullers
- 17 Intl. military alliance
- 18 Classic name for a dog
- 19 Owner's paper
- 20 Like Keating residents
- 22 Notice
- 23 Uses a straw
- 24 Prefix for stop or sense
- 25 Conflict; battle
- 29 In the _ for now
- 34 Entire
- 35 Black-and-white bear
- 36 Capture
- 37 Military force
- 38 Dig for info
- 39 Ignore rudely
- 40 "Cry _ River"
- 41 Out of practice
- 42 Sitter's item
- 43 Necklace dangles
- 45 Mr. Hitchcock
- 46 Pen contents
- 47 Judge's order
- 48 _ wrap; film director's cry
- 51 Abandoning
- 56 Parks feature
- 57 Monopoly player's buy
- 58 Part of speech
- 60 Member
- 61 Kicks out
- 62 Chess or poker
- 63 "The Road Not Taken" or "I"
- 64 Pines & locusts
- 65 FDR's successor

DOWN

- 1 Swim _; diver's flipper
- 2 Unruly child
- 3 Smidgen
- 4 Señor's shawl
- 5 Numbered golf clubs
- 6 Reason to wed
- 7 Elegant poems
- 8 Minstrel's love song



- 28 _ numerals; VI, XL, M, etc.
- 29 Soda shop orders
- 30 Jealousy
- 31 Near the center
- 32 Purple shade
- 33 Receded
- 35 Nuisance
- 38 Basketball leaper's play
- 39 Using a sieve
- 41 Galloped
- 42 Went down smoothly
- 44 Royal crown
- 45 Actor James _
- 47 Use foolishly
- 48 Pancake house
- 49 African nation
- 50 _ as a boil
- 52 Sightseeing trip
- 53 Trick
- 54 Flood survivor
- 55 Black Jack and Juicy Fruit
- 59 Holey fabric



BRAIN CANDY

- » About 35 percent of the world's population lives in countries where people drive on the left side of road.
- » Humans, killer whales and short-finned pilot whales are the only species in which females live well beyond menopause.
- » Typically practiced in rural China, the custom of ghost marriage involves marrying and burying a pair of corpses so they won't be lonely in the afterlife.

In the dead of Chiberia... there is a block party heating things up!

SATURDAY, FEBRUARY 6 ■ 11 AM - 6 PM

BUTCH MCGUIRE'S ■ COCONUTZ ■ THE HANGGE UPPE ■ HOPSMITH TAVERN ■ THE LODGE
MCFADDEN'S ■ THE ORIGINAL MOTHER'S ■ MOTHER'S TOO ■ SHE-NANNIGAN'S

GREENCURTAINEVENTS.COM & MORE INFO
FOR TICKETS

WARNING BE AWARE OF YETI SIGHTINGS AND EXTREME FUN



MARCH
18-20
C2E2.COM

BRINGING COMICS & POP CULTURE
TO CHICAGO

..... LET'S GET SOCIAL



/C2E2Official



@C2E2

GUESTS INCLUDE:



J. AUGUST RICHARDS
MARVEL'S AGENTS OF S.H.I.E.L.D.



MELISSA BENOIST
SUPERGIRL



TOMMY FLANAGAN
SONS OF ANARCHY



CHYLER LEIGH
SUPERGIRL



GREG CAPULLO
BATMAN



AMY CHU
POISON IVY

red hot

BOWIE TRIBUTE

Lady Gaga will perform a David Bowie tribute at this year's Grammys, according to [vulture.com](#). Gaga has been vocal in the past about Bowie being a huge influence on her career. Grammys producer Ken Ehrlich said, "It's going to be a true homage to who David was, particularly musically, but not ignoring his influence on fashion and pop culture in a broader way." Cool, we're down.

AP PHOTO

THE DIGIT

420

That's how many seconds a new Instagram series will run. Yes, you read that right. "Shield 5" debuted Tuesday on Instagram, according to [deadline.com](#). The show consists of 28 15-second videos, and each episode will be accompanied by a photo that also will be a part of the story. The show is about John Swift, a security driver arrested for his involvement in a diamond heist and a colleague's death ... that sounds about like the end of the show right there.

THE QUOTE

"IT WAS BASED ON READING THAT THE ONLY NOMINATIONS THAT THE MOVIES 'CREED' AND 'STRAIGHT OUTTA COMPTON' GOT WENT TO WHITE PEOPLE. THAT'S THE IDEA OF THE SKETCH RIGHT THERE. IT WAS, LIKE, PITCHED TO ME BY THE NEWS."

—"Saturday Night Live" head writer **Rob Klein**, about "SNL's" recent "Screen Guild Awards" sketch about the Oscars being so white.



GETTY IMAGES FILE

Banks to play Repulsa

Elizabeth Banks has been cast as the villain Rita Repulsa in the upcoming "Power Rangers" film, a big-screen take on the kids TV show from the '90s, according to [thr.com](#). Oh, she's perfect for the role. We're in. The movie is set to hit theaters March 24, 2017, THR previously reported.



AP FILE

Continuing his world domination

James Corden has been tapped to host this year's Tony Awards on June 12, according to [cbsnews.com](#). "I'm absolutely thrilled to be hosting the Tony Awards. Both times I've worked on Broadway have been amongst the happiest times of my professional life," Corden said in a statement. Corden himself has won a Tony Award.

WANT MORE DIRT?

Oh, we've got dirt. Get the scoop on your favorite musicians, actors and reality TVers all day long at [redeyechicago.com/thefiller](#).